Wingmen make a Difference

- First line of support for troubled Airman
- Best “eyes” and “ears”
- Best able to identify a problem and get your wingman the help needed
- Countless “saves” in 2010
  - Wingman or supervisor identified distressed/suicidal Airmen and got them help

Risk Factors for Suicide

- Relationship troubles
- Mental Health concerns such as depression
- History of suicide attempts/behaviors
- Financial problems
- Problems at work
- Alcohol problems
- Legal problems

Remember - ACE

- **Ask: Ask directly how he/she is doing**
  - **“You are not acting like your self lately. Is everything all right? Are you thinking about suicide?”**
- **Care: Calmly express your concern**
  - **“I’m concerned about you. Let’s go talk to someone who can help.”**
- **Escort: Escort your wingman for help.**
  - **Walk with him/her to your chain of command or to chaplain or Mental Health.**

Help is Readily Available Helping Agencies

- **Mental Health Clinic**
  3-3880
- **Chaplain**
  2-2950
- **Airmen and Family Readiness Center**
  - **Military Family Life Consultant**
    2-3327
- **Other Resources: wingman, supervisor, chain of command**

The Team Needs You

- Valued member of this unit, the Nellis/Creech Community and the USAF
- A community of people care about you: co-workers, family and friends
- Key contributor to our nation's Security/Safety
- People care about you and your well-being
- Whatever the stressors…they are temporary
- There are healthy solutions to whatever problem you may encounter